

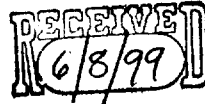
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SOURCE  NATURALS

May 25, 1999

4201 '99 JUN 21 AIO :02

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. S.W.,
Washington, D.C. 20204



RE: Notification of Nutritional Support Statements

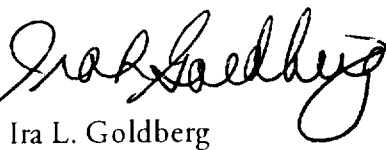
Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of statements of nutritional support in the labeling of Calm Thoughts Kava, a dietary supplement. Source Naturals® is the manufacturer of Calm Thoughts Kava.

Statements being made in the labeling of Calm Thoughts Kava:

- (1) Source Naturals Calm Thoughts Kava is an advanced nutritional formula to help you maintain calmness and focus in a challenging world.
- (2) The power of kava comes from a group of kavalactones, the active compounds of the kava root.
- (3) Calm Thoughts combines kava with soothing herbs such as St. John's wort and *Bacopa monniera*, and supporting nutrients including GABA, magnesium and tyrosine to provide a balanced formula for relaxed well-being.
- (4) Helps reduce anxiety and stress.

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete. Source Naturals possesses substantiation that the statements are truthful and not misleading.


Ira L. Goldberg
President, Source Naturals®

97S-0162

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